

PLANNING FOR A HEALTHY NEW SCHOOL YEAR

Summer is also the time to prepare for the new school year. Make sure your children have all the required immunizations and health forms before the school year begins in August.

No Shots - No School!

It is the law that children get immunized before they start school so that no dangerous diseases are passed from one child to another.

Miami-Dade County Health Department
Special Immunization Program
Telephone: (786) 845-0550

| Grade | Required Immunizations |
|--|---|
| Pre-K, Kindergarten, Grade 1 and Grade 2 | DTP (tetanus, diphtheria and pertussis) POLIO MMR (measles, mumps and rubella) Proof of second dose of measles HEPATITIS B VARICELLA (chicken pox) or a document that says the child had chicken pox |
| Grades 3, 4, 5 | DTP, POLIO, MMR, HEPATITIS B |
| Grade 6 | DTP, POLIO, MMR |
| Grades 7 through Grade 12 | DTP, POLIO, MMR HEPATITIS B, TB BOOSTER |

The Florida Certificate of Immunization, Form DH 680, is the only document that schools will accept as proof of immunization. Your doctor or the Miami-Dade County Health Department will provide this form to you.

Sources:
Dutchhealth.org
Miami-Dade Parks and Recreation
Florida Department of Transportation
Safe Kids Campaign
Department of Conservation and Land Management
HomeLife Magazine



www.um-jmh.org



Have a Healthy Summer

Summer is a great time to focus on your family's health. Fresh air, sunshine, ripe fruits and vegetables are all ingredients for making a healthy summer. Good health habits in the summer may stay with your family all year long.

THE FLAVORS OF SUMMER

There's something about the sun and playing outside that heats up a child's appetite. When you start hearing "I'm hungry" or "I want a snack," keep these healthy, quick and easy summer snacks handy:

Fruits

Keep fruits in the refrigerator so they will be cool and refreshing.

1. Frozen grapes are a fun snack on a particularly hot day.
2. Make your own fresh fruit kabobs. You can buy simple wooden skewers at the supermarket and place chunks of fresh fruit on them. You can even let the kids do the creating. Low-fat vanilla yogurt and granola make a perfect dip.

Popsicle Fun

Make your own popsicles by combining 1/2 cup vanilla yogurt and 1/2 cup orange juice in a bowl. Pour into plastic popsicle molds or freeze in small bowls and eat with a spoon.

Want your kids to drink more milk?

1. Mix 1 cup of low-fat milk with chocolate or strawberry syrup or powder for flavor.
2. Pour the milk carefully into a clean ice cube tray.
3. Cover the top of the tray with plastic wrap and stick flat toothpicks through the plastic into the liquid.
4. Freeze about one hour or more and serve mini-popsicles.

PARK IT!

Spending time together at a park can be both enjoyable and good for your family's health and well being. Spending time outside in nature is healthy for the mind and the body. It's a great way to unwind and relax.

Things to do at the park:

- Have a picnic - breakfast, lunch or dinner at the park can be a positive family experience.
- Storytelling under a tree - find a shady spot, lay down a blanket, and read to the kids.
- Take a long walk and challenge your children to find 5-10 different items from nature.
- Bring crayons and paper (even old paper bags from the supermarket) and let the children draw on a picnic table.
- Play games such as kick ball, catch, steal the bacon, or hide-and-seek.

Most Miami-Dade parks are free to the public. To find a park near you, please call Miami-Dade Parks and Recreation at 305-755-7800 or visit their web site at www.miamidade.gov/parks.

